

Are you Prepared at Home?

September is national preparedness month, a nationwide effort held to encourage Americans to plan for emergencies in their homes, businesses, and schools. This month's goal is to increase the public's awareness on the importance of preparing at home for natural disasters and other crisis events. This planning can be easy, and with a few simple steps individuals can help strengthen their homes as well as businesses and communities. Any progress made today will put neighborhoods in a greater position to react and respond to future disasters.

Find out what you can do at home and in your neighborhood to prepare for tomorrow's emergencies with the following resources:

- Visit the Seattle Office of Emergency Management's web site, <http://www.seattle.gov/emergency/programs>, for preparedness tips, the city's own readiness and response plan, and the Seattle Neighborhoods Actively Prepare program (SNAP) that assists communities prepare for their individual needs by organizing neighborhoods into small manageable groups.
- Visit the Seattle Red Cross web site, www.seattleredcross.org, to obtain information on local training, preparedness plans, and essential emergency supplies. In addition, the Seattle Red Cross demonstrates how you can get involved in helping your community during an emergency through volunteer opportunities and donations.
- King County's disaster preparedness campaign, *3 Ways 3 Days*, provides three easy ways to get prepared at home: www.govlink.org/3days3ways
- The Washington's Military Department Emergency Management Division Map Your Neighborhood program, www.emd.wa.gov/myn/myn_why.shtml, is a program designed to help neighborhoods prepare for disasters including steps to take immediately following a disaster.

Let's get prepared this September for future emergencies. Disasters can happen anywhere and anytime. We can all minimize the impact if we take steps to personally prepare for such incidents. Your personal disaster plan is a pre-determined set of steps and actions that you will take during a disastrous event. Such proactive planning increases safety, lessens anxieties, helps alleviate fears, and saves lives. So get started preparing today by visiting some of these local agencies listed above.

Save the Date!

PHRC New Volunteer Orientation

If you are a volunteer who has not attended an in-person orientation, please see page 3 for information on how to register.

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Welcome Kevin!

Kevin is an AmeriCorps Vista Volunteer who joined Public Health Preparedness late



August to work closely with the PHRC program in recruitment activities and outreach as well as supporting alternate care facility planning and logistics. Kevin's goal while at Public Health is to gain insight into medical issues from a non-clinical perspective and to learn more about public health, especially since he's planning to attend medical school. He's involved in the application process now to several medical schools including UW.

Kevin spent most of his life in Bellevue, WA where he attended Issaquah High School and played baseball and football. In May he graduated from Occidental College in Los Angeles of which he earned his BS in Biology. During college he was involved in research focusing on stem cell applications to neurological disease such as Epilepsy and Parkinson's and volunteered at LA county hospital as a collegiate medical volunteer. During his senior year, he ran a tutoring session for organic chemistry students and conducted cardiovascular research at Loma Linda University.

Outside of school and work, Kevin enjoys skiing, golf, and hanging out with friends, family and the two family dogs Emma and Sophie.

Welcome Kevin! We're very glad to have you working with us over the next year!

PHRC Disaster Behavioral Health Response Team

Over the past several months Michelle McDaniel, Mental Health Planning Manager for Public Health, and Mandi George, PHRC program manager, have worked together to develop the PHRC Disaster Behavioral Health Response Team (DBHRT). The purpose of this team is to provide emotional and spiritual support to community members and first responders during a disaster response or public health emergency.

We know that for every 1 person who experiences physical trauma in an emergency or disaster, 50, 500, 1,000 or more people may experience psychological trauma. King County does not yet have an adequate number of behavioral health and spiritual care professionals trained to deliver specialized disaster behavioral health care, *Psychological First Aid*, therefore our healthcare community is simply not ready to respond effectively to the unique care needs a significant disaster brings. With the launch of the Public Health Reserve Corps Disaster Behavioral Health Response Team earlier this year, we are working to address this issue and we invite you to join.

Nearly twenty mental health professionals and spiritual care workers from around the community have gone through an intensive 2-day training course, "*Disaster Behavioral Health - A Critical Response*", and are now registered with the PHRC. These volunteers' professions and experience range from chaplains to counselors to therapists to psychiatric nurses. They have also been trained to train other mental health professionals and spiritual care workers in this same 2-day course.

The next course that is being offered for eligible PHRC volunteers is October 24th & 25th at Evergreen Hospital in Kirkland. In order to attend the course and become part of the Disaster Behavioral Health Response Team individuals must be one of the following and working in the field for 3-5 years:

- Licensed Social Worker
- Licensed Marriage & Family Therapist
- Licensed or Registered Mental Health Counselor
- Registered Counselor
- Chaplain/Spiritual Care Worker
- Licensed Psychologist
- Psychiatrist
- Psychiatric Nurse

If you are interested in learning more specifics about the DBHRT and the qualifications feel free to contact Michelle McDaniel directly at michelle.mcdaniel@kingcounty.gov. Feel free to forward this information to any mental health or spiritual care professional you think might be interested and qualified in volunteering. **Deadline for registering for the class is October 15th.** As always, for more information about the PHRC contact Mandi George at mandi.george@kingcounty.gov.

PHRC Training Opportunities

You must sign up by e-mailing Mandi George at mandi.george@kingcounty.gov if you plan to attend. A confirmation will be sent to you 1-2 weeks prior to training. Parking is reimbursable, free or otherwise stated.

PHRC New Volunteer Orientation

September 22, 2008

6:30 – 8:30 PM

Location: PHSKC, Chinook Building, Ground Floor, Training Room 121, 401 Fifth Ave, Seattle

Snacks and beverages provided

Mass Fatality Training

September 24, 2008

6:30 – 8:30 PM

Location: PHSKC, Chinook Building, Ground Floor, Training Room 121, 401 Fifth Avenue, Seattle

Snacks and beverages provided.

Training provides an overview of the different functions that are activated during a mass fatality response and a discussion of the types of volunteer roles that could be involved.

Fulfill Your NIMS/ICS Training Requirements in One Class with Fellow PHRC Volunteers! (See blue sidebar to the right.)

Introduction to the Incident Command System and National Incident Management System Combo Class

Monday, October 6, 2008

Location: PHSKC, Chinook Building, Ground Floor, Training Room 123, 401 Fifth Ave, Seattle

Food and beverages provided

One of our very own PHRC volunteers has offered to conduct these trainings for PHRC volunteers. PHRC volunteer George Hadley is a train the trainer for these two FEMA classes.

Disaster Behavioral Health Training (see page 2 for more information)

October, 24 & 25, 2008;

Location: Evergreen Hospital & Medical Center, 12040 NE 128th Street, Kirkland, Room 119 & 121

The purpose of the training is to develop a team of disaster behavioral health responders throughout King County (PHRC team) to provide mental health support in the event of an emergency or disaster. Participants must be a licensed or registered mental health provider or spiritual care worker.

Public Information Call Center (PICC) Operator Training and Full Scale Activation Training Exercise

Operator Training: October, 21, 22 OR 23, 2008, 5:30 – 8:30 PM

Please state your preference as to which training date you'd like to attend.

Location: PHSKC, Chinook Building, 8th Floor 401 Fifth Avenue, Seattle

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Required Training!

National Incident Management System (NIMS) Training

PHRC volunteers are required to fulfill two specific NIMS online training courses by December 2008:

1. IS-100.HC Introduction to the Incident Command System for Healthcare/Hospitals:
<https://training.fema.gov/EMIWeb/IS/is100HC.asp>
2. IS-700 Introduction to the National Incident Management System:
<http://training.fema.gov/EMIWeb/IS/is700.asp>

Volunteers should email copies of completion certificates to phrc@kingcounty.gov.

Newsletter Receives a Facelift

As part of the PHRC program branding campaign, Public Health worked with a graphic designer to update the look and name of the newsletter to remain consistent with the PHRC campaign materials (i.e. transit ad, recruitment card and display board). We hope you like the new look!

Special thank you to [td wang advertising group](#) for their outstanding work on PHRC branding and advertising materials.

Alerting PHRC Volunteers in an Emergency

The Washington State Secure Electronic Communication, Urgent Response and Exchange System (WA SECURES) is a web-based program that allows Public Health to quickly and securely alert SECURES users on a 24/7 basis. It provides an efficient means of distributing emergency health alerts (either from the CDC or initiated at the state or local level) and provides a call-down feature and tracking mechanism through multiple means of communication including voice, email and text messaging to notify recipients of an alert or message. Messages may be targeted based on users' assigned roles or groups and initiated from either the state or local level.

Within the next several weeks the PHRC program staff will be preparing to contact volunteers about setting up profiles and entering contact information into WASECURES for the purposes of alerts and call out in times of a public health emergency or disaster.

More to come!

Calling Volunteers to Assist in the Alternate Care Facility Full Scale Exercise, November 18

What are your plans for Tuesday, November 18, 2008?

Registration is now open for volunteers to participate in the full scale alternate care facility (field hospital) exercise at Seattle Center's Exhibition Hall. Thank you to the 21 PHRC volunteers whom have already signed up!! Public Health and its health care partners have been working diligently developing and fine-tuning the staffing needs and schedule of the day. We hope that by providing PHRC volunteers with more detailed information about specific staffing needs of all positions will encourage greater participation. I have summarized staffing needs below:

STAFFING NEEDS

Medical Operations

- 6 medical providers for Acute Care Section (physicians and ARNP's)
- 6 pharmaceutical providers for Pharmaceutical Section (pharmacists and pharm techs)
- 3 pediatric providers for Pediatric Section (pediatricians)
- 2 medical providers for Inpatient Care (physicians and ARNP's)
- 15 medical providers for RN Section (RN's)
- 3 mental health providers

Patient Flow & Registration

- 4 greeters
- 4 registration
- 4 discharge planners (social workers or RN's)
- 4 medical records (support or administrative volunteers)

Communications

- 1 (tactical) communications leader (HAM radio operators, etc.)
- 1 communications support

Facilities Logistics

- 35 logistics workers (i.e. bed set up, medical equipment set up, non-medical equipment set up, supplies management, etc.)
- Logistics volunteers will also be recruited to act as patients during the drill portion of the schedule.

The schedule for the day will be 6 AM to 6 PM. Food and beverages (including lots of coffee!) will be provided for the entire day.

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| 6:00 - 7:00 | staff & volunteer check in |
| 7:00 - 8:00 | breakfast |
| 8:00 - 10:30 | briefing, just in time training and set up |
| 10:30 - 2:00 | drill (run mock patients through, etc.) |
| | rotating lunch |
| 2:00 - 6:00 | tear down/demobilize |
| 6:00 | staff & volunteer check out |

Sign up today by emailing Mandi George at mandi.george@kingcounty.gov!

The 500 Challenge!

What is *The 500 Challenge*? 500 is the number of volunteers Public Health Preparedness would like to see enrolled in the PHRC by the end of this year (currently, we have about 200 volunteers). What is the challenge? The challenge is to each of you current volunteers to recruit at least one other volunteer into the Corps. We'll give you the tools to do it! PHRC recruitment cards and PHRC hand sanitizer pens are available to you to distribute amongst your personal and professional networks. Put in your request for cards & pens to Mandi today and she will mail them to you. PHRC program staff are also available to provide recruitment presentations to groups if the need arises.

The 500 Challenge is one element of our PHRC recruitment campaign which kicked off earlier this month. The campaign also includes transit ads on Metro buses, direct mail campaign, presence at recruitment fairs, and articles in local publications.

PHRC Training Opportunities continued

Full Scale Exercise: November 17, 2008, 8 AM to Noon

Location: PHSKC, Chinook Building, 8th Floor 401 Fifth Avenue, Seattle
Public Health is recruiting trained PHRC volunteers to participate in the PICC full exercise in November.

Alternate Care Facility Signage Support Training

Learn the important communications role signage plays during an emergency and how you can make a difference. Signage Training for Public Health Reserve Corps members covers the basics of participation on the Signage Support Team, which includes key points about assembling, displaying and maintaining signs at an emergency center.

Saturday, November 1, 9:00 am – 12:00 pm

Location: PHSKC, Chinook Building, 401 Fifth Avenue, Seattle
Breakfast provided

Alternate Care Facility Full Scale Activation Training Exercise

November 18, 2008

Revised time: 6:00 AM to 6:00 PM

Location: Seattle Center Exhibition Hall

Food and beverages provided

Public Health is recruiting all types of PHRC volunteers to participate in the full scale exercise. Refer to the Alternate Care Facility Staffing Roles document for specific information on roles.

Mass Vaccination Drill in Skagit County

December 10, 10 am-7 pm,

Burlington-Edison High School

Skagit County MRC has invited PHRC volunteers to participate. If you are interested in participating and helping out please email Mandi George.

PHRC Volunteer Needs

- Licensed Medical Volunteers:
 - o Lab Technicians
 - o Mental Health Providers
 - o Paramedics
 - o Pharmacists
 - o Physicians and Physician Assistants
 - o Psychiatrists
 - o Registered Nurses
 - o and many more!
- Non-Medical Volunteers:
 - o Call Center Operators
 - o General/Administrative Support
 - o Hospitality Workers
 - o Interpreters
 - o Logistics Workers
 - o Spiritual Care Workers
 - o Any adult who wants to help!

For more information about the Public Health Reserve Corps, including how to apply and volunteer job descriptions, visit: www.kingcounty.gov/health or email phrc@kingcounty.gov.

